

Clean Copy of the Claims

Please replace claim 1 with the following amended claim 1:

*Sub: 1*  
*b2*  
(Twice Amended) Footwear for protecting a foot consisting essentially of:  
a vamp of an upper extending from a toe region to an instep region and  
consisting of a single unit;  
a liner positioned beneath said instep portion and consisting of a single piece;  
and  
an elastic instep guard positioned between said instep portion and said liner to  
protect a metatarsal section of the foot, said instep guard including an elastic support  
having a plurality of hollow passages and extending from said toe region to said instep  
region of said vamp.